

OTTAWA

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Tuesday, October 2, 2012



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“Something big is here” say witnesses

If you happened to be at the corner of East Nadler St and Wells Avenue last night, you may have witnessed something surprising to say the least – a pair of giant dice rolling down the street. “It was unbelievable,” said a witness who wished to remain anonymous. “We were literally having a coffee and a huge shadow crept over our table.”

Other area folks were equally excited. Driver William described it as something out of a movie. Like, a good movie where there’s lot of action and stuff and everyone’s excited to see what’s going to happen next, you know?”

At press time, it remained to be seen exactly what the giant dice represent for the Multiple Draw Lottery. Multiple Draw Lottery report that the giant dice landed at the corner of a popular downtown store.

“This is a local resident,” said Ms. Howe. “This is the first thing I’ve been looking forward to my whole life. I knew that giant dice were out there and to finally see them, well, I can’t tell you how excited it makes me.” Ms. Howe also offered that she expects to see “more giant dice activity” in the days and months to come.



roll and so many dice. For a residents, this was a focused last night by the appearance of giant dice all over our city streets.

Some say the dice were just a promotion, designed to create excitement for a new lottery game called MEGADICE Lotto.

But it's this humble

dice set for a special purpose. Let's look at the dice. It was a perfect cube and not too hot or cold. A lot of people were enjoying such a beautiful evening. Is it a coincidence that these giant dice would show up and create such a powerful buzz on the night when the most possible people would see it? Something tells me this masterstroke was

st, you get a chance to win right there in the store, with an animation that plays out right in front of you that shows you your own personal roll of the dice. It's a powerful moment of excitement, but it doesn't end there. Next, the clerk hands you a ticket. What's this? Another ticket? Turns out it's the same ticket! Yes, you heard that right, folks. This game is so action-packed you

get two chances to win. The second winning opportunity takes place at night. Every night of the week there's a draw for \$100,000. With every play you get two chances to win.

So what does this mean to the average consumer out there? Well, I can tell you that there was a real feeling of excitement out there last night, and there's no sign of it abating anytime soon.

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Tory MP's apology accepted

He's sorry. Rob Anders
retracts statement about
Mulcair and Layton

Conservatives found themselves cringing once again Monday at the ramblings of caucus colleague Rob Anders — this time a brazen suggestion that an ambitious NDP Leader Tom Mulcair helped hasten the death of predecessor Jack Layton.

The Calgary MP dropped a whopper in an interview published Monday by political news website iPolitics.

Anders was quoted by iPolitics as saying that "one of the great stories that was missed by journalists" was that Mr. Mulcair's arm-twisting behind the scenes "helped to hasten Jack Layton's death."

"It was very clear to me, watching the two of those gentlemen in the front benches, that Jack Layton was ill and that Mr. Mulcair was making it quite obvious that if Jack wasn't well enough to fight the campaign and fight the election that he should step aside," he continued.

"Because of that, Mr. Layton put his life at risk to go into the national election and fight it, and did obviously an amazing job considering his state of health, and that he

Olivia Chow's take

- **Speaking out.** Jack Layton's widow Olivia Chow calmly addressed reporters, saying she'd like everyone just to move on. She encouraged Rob Anders to sponsor her on a prostate-cancer run later this month.

did that partly because of the arm-twisting behind the scenes by Mulcair, and then subsequently died."

The reaction was swift and unequivocal. "If I was (Prime Minister Stephen) Harper, he would be gone out of the Conservative party in a heartbeat," said Nova Scotia NDP MP Peter Stoffer, who also described Anders in decidedly unparliamentary — and unprintable — language.

"With that kind of attitude, and that kind of comment, that is a disgrace, not only to Mr. Mulcair but to the legacy of Mr. Layton. And think of how Olivia Chow must feel. That's just absolutely cold-hearted."

Anders quickly issued a written apology for what he described as his "insensitive and inconsiderate" remarks, and Chow — Layton's widow — said she accepted it.

THE CANADIAN PRESS



Conservative MP Rob Anders rises in the House of Commons on Sept. 26. Anders apologized Monday for suggesting that NDP Leader Tom Mulcair "helped to hasten the death" of his predecessor, Jack Layton. ADRIAN WYLD/THE CANADIAN PRESS



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City to consider health impact of casino



Dr. Isra Levy, with Ottawa Public Health, is scheduled to speak today about the health implications of a proposed casino. THE CANADIAN PRESS FILE

The city's top public-health doctor will present the implications of a new Ottawa casino Tuesday morning.

Dr. Isra Levy, the medical officer of health at Ottawa Public Health, is slated to give a presentation to the city's finance and economic development committee as it considers the case for a new gaming centre.

Levy's attendance at the committee was confirmed after a councillor took the somewhat unusual step of releasing an "internal memo" directed to Mayor Jim Watson to the media.

"Major decisions of this nature request a fulsome analysis

of the positives and negatives of the proposal," wrote Gloucester-Southgate Coun. Diane Deans in the memo, released Monday afternoon.

Deans noted the staff report covered a variety of possible repercussions, including effects on economic development and rural matters, but public-health implications aren't dealt with to her satisfaction.

Deans' memo prompted a response from the mayor's office indicating that Levy would indeed be present at Tuesday's meeting. The back-and-forth betrays some division on the casino as council prepares to debate the issue next Wednesday.

Revenue stream

\$45M

The Rideau Carleton Raceway has contributed \$45 million to city coffers from slot machines.

Critics have argued that city hall is rushing the matter, providing only one meeting — Tuesday at 5 p.m. — for citizens to weigh in on the proposal.

Watson has countered that interest is only the first stage of a two-stage process. Council can vote the whole proposal down when it comes time to talk about a location.

ALEX BOUTILIER/METRO

Delay in trial hampers free speech: Pipeline activists

Keystone XL.

Trial against 13 environmentalists may be thrown out



GRAHAM LANKTREE
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The case against 13 environmental activists arrested and banned from Parliament Hill last year for protesting the Keystone XL pipeline may be thrown out after a long delay, which protesters say is hurting their right to free speech.

"It usually takes six to eight months for these cases to come to provincial court," said defence attorney Mark Ertel, who represents some members of the group, saying it has now been over a year. "As their lawyer, I'm hoping for this case to be thrown out. Their ban from Parliament Hill has affected their free-expression rights."

During a protest on Sept. 26, 2011, the activists were charged with trespassing for crossing a short metal barricade. Each re-

ceived a small fine and a ban from the Hill for a year.

"We wanted our day in court to explain what we were doing," said activist Graham Saul, chair of Ecology Ottawa. He and his wife Elizabeth Bernstein were both arrested. Saul said his original court date was set for December 2011.

"The delay in the trial has prevented us from getting our message out there. The longer we wait to address these issues, the larger and more dangerous the impacts will be."

In a pre-trial motion, Ertel argued the Crown has not disclosed who gave the order to arrest protesters in an area of Parliament Hill that is usually not off-limits. Waiting for this disclosure and for the notes of arresting officers led to the cancellation of a number of scheduled trial dates in early 2012.

Crown prosecutor Mathieu Charron blamed the delay on scheduling conflicts amongst defendants. He said the issue of who gave the order to arrest is irrelevant. A decision on whether to proceed with the case is expected Tuesday morning.



A man is arrested as he climbs over a barricade on Sept. 26, 2011, during a sit-in against the Keystone XL pipeline on Parliament Hill. THE CANADIAN PRESS FILE

Mobile news



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'I wasn't attempting to do a strip search': Female constable

Desjourdy trial. Officer, who says she was kicked by prisoner, hints cell-block search didn't go by the book



JOE LOFARO
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A female prisoner's shirt and bra were removed by police during a cell-block search, but a special constable told a court trying an Ottawa cop for sexual assault she didn't know a strip search was going to happen.

"I wasn't attempting to do a strip search," said Special Const. Melanie Morris in her first day of testimony in the sexual assault trial of Ottawa police Sgt. Steven Desjourdy.

Morris said she checked the woman's waistband for weapons and contraband when the prisoner started to shout



Special Const. Melanie Morris
JOE LOFARO/METRO

profanity and kick.

Morris was allegedly kicked in the groin and right knee. A surveillance video shows Morris limping in pain. But while Ottawa police regulations say strip searches are to be performed on female prisoners by female officers only, Desjourdy proceeded to cut the prisoner's

shirt and remove her bra as Morris stood and observed, the court heard.

Under cross-examination by defence, Morris said she was unable to participate further in subduing the prisoner and searching her.

"I'm not a fully functioning officer at that point," she said, adding she was the only female officer on duty at the time.

Morris testified clothes are removed from prisoners who are suicidal, but said the woman did not appear to want to kill herself.

She also had no answer for why the woman was left in the cell block without her top, but with the original pants she was wearing. When asked why the woman wasn't given replacement clothes for the shirt that had been cut by Desjourdy, she said, "The other officers might have had information that I did not have."

The trial will continue Tuesday.



Ottawa icon remembered

Ottawan Sue White signs a book of condolence and shared her memories of Olympic figure skater Barabara Ann Scott outside a gallery commemorating Scott's life at city hall. The city has opened the book for residents to sign following the death of Scott, 84, in Florida at her home on Sunday. GRAHAM LANKTREE/METRO

New study

For obese kids, even a little exercise helps self-esteem

Even small amounts of exercise can help obese kids improve their mental health and shrug off teasing associated with their body weight, says a new report by an Ottawa researcher.

"We're talking about psychological benefits derived from improved fitness resulting from modest amounts of aerobic exercise — not a change in weight or body fat," said Dr. Gary Goldfield, a registered psychologist and clinical researcher at the Children's Hospital of Eastern Ontario (CHEO) Research Institute.

Published today in the *Journal of Pediatric Psychology*, Dr. Goldfield's study of thirty teens showed that after two bouts of light exercise a week, obese teens felt more confident about their body image, self-esteem and academic and social success.

"This new study is proof positive that even a modest dose of exercise is prescriptive for a mental health boost," said Dr. Goldfield.

GRAHAM LANKTREE

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Photo by Anthea Simms

Baristas with bachelor degrees: Youth flunking on the job market

Vital Signs report. Study shows troubling portrait of educated Canadians who are buried in loans but lack opportunities



SEAN MCKIBBIN
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Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, says a new report titled Vital Signs from the Community Foundations of Canada, being released Tuesday.

"The linear path from school to career, home ownership, and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird says Canadians between the ages of 18 and 34 face increased competition for jobs from older workers

and globalization.

As a result they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force. That confluence of factors is fundamentally different than it was 20 to 25 years ago," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so in the future as waves of retiring baby boomers will begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.



In this screen grab from Fox's TV series New Girl, Jess (Zoey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youth are finding themselves shelving their degrees due to a lack of employment opportunities in their field, a new study finds. CONTRIBUTED

Do the math

50%

The Vital Signs report says youth, who constitute 16 per cent of the Canadian workforce, accounted for 50 per cent of the recession job losses in Canada.

250K

Youth employment stands some 250,000 jobs below the pre-recession peak.

1/3

One out of three 25- to 29-year-olds with a college or university diploma moved into low-skilled occupations after graduation.

70%

In low-income communities, dropout rates can be more than 70% vs. 6-11% in affluent neighbourhoods.



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Trudeau out to prove he's not just a pretty face

Campaign rally.

Speech to tackle Justin Trudeau's perceived liability — that he's all flash, no substance

Justin Trudeau is launching his leadership campaign Tuesday with an evening rally designed to demonstrate he's got the steak, as well as the sizzle, needed to resuscitate the once-mighty federal Liberal party.

As many as 500 supporters are expected to attend the launch at a community centre in Trudeau's Montreal riding of Papineau.

In opting for an evening rally over the more traditional

news conference to kick off his campaign, the eldest son of the late prime minister Pierre Trudeau will be showcasing his biggest asset: his undisputed talent for drawing a crowd and creating a buzz.

"We're trying to show people that ... over the course of his political career, he's been able to gather the support of people around him," one insider said Monday.

"It shows people who he is, as opposed to who they think he is."

However, the speech Trudeau intends to deliver at the rally is also aimed at addressing his biggest perceived liability — that he's all flash, no substance.

It's intended to be "meaty," according to the insider, de-

signed to demonstrate the 40-year-old MP has "a mature and thoughtful perspective on the country." It won't spell out any specific policy pronouncements but it will lay out Trudeau's "values, objectives and methods" of achieving them.

And it will include a blunt assessment of what ails the Liberal party. Trudeau's diagnosis: Liberals have lost touch with middle-class Canadians who used to be the party's bulwark.

Trudeau will set out across the country immediately after his launch, hitting Richmond, B.C., on Wednesday and a rally in Mississauga on Thursday, hosted by former MPs Navdeep Bains and Omar Alghabra.

He is expected to announce a raft of endorsements from

Life of the party

In Liberal circles, Trudeau is an undisputed rock star, the party's biggest draw at fundraisers.

- For all that, Trudeau remains an unknown quantity in many respects.
- In his various shadow cabinet posts — youth, amateur sport, immigration — he's had little to say about the big issues of the day, and virtually nothing about the economy.

fellow Liberal MPs and senators within 10 days.

THE CANADIAN PRESS



Quebec MP Justin Trudeau, who is expected to announce he will be running for the Liberal party leadership, speaks at Free the Children's We Day event in Toronto last Friday. MICHELLE SIU/THE CANADIAN PRESS



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Vessels collide off Hong Kong coast

A young survivor is comforted by a rescuer on Tuesday after a collision involving two vessels in Hong Kong. Authorities in Hong Kong have rescued 101 people after a ferry collided with a boat and sank. A local broadcaster says eight people died. The government said in a statement that the ferry was carrying about 120 people when the accident happened Monday night near Lamma Island, off the southwestern coast of Hong Kong Island.

VINCENT YU/THE ASSOCIATED PRESS

Boy Scouts to review files, report pedophiles

The Boy Scouts of America plan to begin doing what critics say they should have done decades ago — report suspected sex abusers named in the organization's so-called perversion files to authorities.

The Scouts had argued they did all they could to prevent sex abuse by spending a century tracking pedophiles and using those records to keep known sex offenders out of their organization. But a court-ordered release of the perversion files from 1965 to 1985, expected sometime in October, has prompted Scouts spokesman

Victims

1,622

A psychiatrist found that of 930 files created between January 1965 and June 1984, there were 1,622 victims.

Deron Smith to say the organization will go back into the files and report any offenders who may have been missed.

That could prompt a new round of criminal prosecutions for offenders who have so far escaped justice. Many states have no statutes of limitations

for children victimized when they were younger than 16, so even decades-old crimes could be fair game.

The Scouts began keeping the files shortly after the youth group's creation in 1910, when pedophilia was largely a crime dealt with privately. The organization argues that the files helped them track offenders and protect children, but some of the files released in 1991 showed repeated instances of Scouts leaders failing to disclose sex abuse to authorities, even when they had a confession. **THE ASSOCIATED PRESS**

Baird slams UN's handling of ongoing crisis in Syria

General Assembly.
Minister doles out harsh criticism in mostly empty chamber

Foreign Affairs Minister John Baird delivered a scathing rebuke Monday to the United Nations, pointing to the bloodshed in Syria as evidence of its lack of purpose and focus as he fired yet another round in the Canadian government's ongoing war of words against the UN.

"The crisis in Syria is a test of this organization's ability to achieve results," said Baird, who spoke to a largely empty and seemingly disinterested chamber.

"While the brutal and repressive regime of Bashar al-Assad continues the slaughter of its own people, the

United Nations continues to fail to impose binding sanctions that would stem the crimson tide of this bloody assault."

He warned the UN to think of its legacy as the turmoil continues in Syria.

"Until the last syllable of recorded time, the world will remember and history will judge member states that are allowing these atrocities to continue," Baird said.

"Many people of the planet, including many of the citizens whom we represent, cannot understand why this organization — despite the sound and fury of debate in this great assembly — has been unable to take concrete steps."

The UN spends too much time in self-examination, he continued, and needs instead to focus on the problems around the world that demand its attention.

"Our commitment to the United Nations has been tested and is proven," he said.

"Not in spite of our commitment, but because of our commitment to this body, we cannot and will not participate in endless, fruitless inward-looking exercises."

Consequently, the Canadian mission to the UN will

Reaction

Baird's big speech elicited little reaction.

- **Small audience.** The first speaker at the General Assembly on Monday morning, Baird's appearance was sparsely attended.
- **Met with shrugs.** Following the remarks, one delegate said the organization was largely shrugging off Canada's relatively recent anti-United Nations stance.

now focus its attention on what the United Nations is achieving, not how it arranges its affairs, Baird said. If the UN focuses instead on its true goals, such as prosperity, security and human dignity, internal reform will take care of itself, he added.

"The UN ... must now look outward."

Baird was speaking to the General Assembly on Canada's behalf after Prime Minister Stephen Harper travelled to New York last week not to address the UN, but to accept a world statesman award a few blocks away.

THE CANADIAN PRESS



John Baird, foreign affairs minister, in a scathing speech to the UN, in which he advocated for a more proactive approach

Collision

Huge flock of birds hits car

A mass collision between a flock of starlings and a car on a stretch of Austrian expressway has left up to 100 of the birds dead and the driver shaken but unhurt.

The Austria Press Agency says the birds suddenly flew from power lines above the multi-lane highway in western Austria downward and directly into the path of the car.

The report did not say how fast the car was travelling Monday, but the speed limit on Austria's autobahns is usually 130 km/h.

THE ASSOCIATED PRESS

Litter. Haitians ignore government ban on plastic bags, foam food containers

Haitian merchants on Monday ignored the first day of a government ban on the sale and general use of plastic bags and foam food containers.

In a busy, crowded market in the community of Petionville, dozens of vendors openly sold the tightly rolled bags and big packages of to-go food containers without apparent concern they would be stopped. Some said they will keep peddling the goods if the government doesn't provide alternative jobs. Others said they will sell something else if the government enforces the ban.

Alternatives

"It's fine if the government wants to ban the containers."

Vendor Innocent Petit-Frere
He thinks the government should create alternatives to the banned items

Prime Minister Laurent Lamothe announced the ban in August. The goal is to clear some of the litter that is strewn across Port-au-Prince and clogs drainage channels.

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Arrest

Wanted Nova Scotia man found in Ontario

A 47-year-old man wanted in an alleged confinement of a 16-year-old boy in Nova Scotia has been arrested in northern Ontario, police said Monday. The Ontario Provincial Police said David James Leblanc was arrested Sunday evening on a road in Greenstone, about 250 kilometres northeast of Thunder Bay, Ont. Staff Sgt. Carl Pettigrew said officers received a report at around 6 p.m. of a suspicious man in distress on Lukinto Lake Road.

THE CANADIAN PRESS



Montreal Mayor Gerald Tremblay speaks to reporters in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Construction inquiry heats up

Quebec. Ex-construction boss claims that 3 per cent of all the contracts he got from the City of Montreal went to Mayor Tremblay's party

Quebec's construction inquiry has witnessed its first political bombshells, with a witness testifying Monday about systemic corruption at Montreal city hall and the mayor's political party.

An ex-construction boss says that, for years, three per cent of all the contracts he received from the City of Montreal went to the political party of Mayor Gerald Tremblay and there were additional cash bribes and gifts for municipal officials.

He says he was informed about the partisan fundraising system by Nicolo Milioto — the same man seen on police surveillance video divvying up piles of cash with the head of the Sicilian Mafia in Canada.

The allegations prompted municipal politicians to demand the immediate resignation of the mayor, who still has a year left in his term, although Tremblay showed no sign of planning to step aside.

The testimony of Lino Zambito, a former construction boss, has made him a star witness of the inquiry so far. He has already described bid-rigging in the industry during his earlier testimony and has only just begun talking about the political world.

In addition to the partisan kickback, Zambito said Monday, another percentage point of contracts went to a city offi-

cial. There was a running joke that the official claimed a one per cent "GST" — the name being a tongue-in-cheek twist on the French-language acronym for the federal sales tax.

It was apparently named for, and by, a high-ranking and now-retired local official, Gilles Surprenant, according to Zambito. Surprenant was an engineer involved in planning projects that would go to public tender.

"He picked the name himself," Zambito said.

"TPS meant Taxe Pour Surprenant. At the time, it was one per cent of the value of the work."

Zambito said the amounts were paid in cash, directly to the city official. He also said he lavished municipal officials with gifts, including a Mexican holiday.

THE CANADIAN PRESS

Nevada. Missing Canadian found, wife distraught but relieved

The remains of a missing B.C. man whose wife survived for seven weeks in the Nevada wilderness after the couple got lost have been found.

Albert Chretien went for help a year and a half ago when their van got stuck in the mud.

Det. Dennis Journigan of the Elko County Sheriff's Department says Chretien's remains were discovered Saturday by two elk hunters in a secluded area of Merritt Mountain, about 11 kilometres west from where he set off. Journigan said the remains were intact and hadn't been

scattered by animals. Chretien was identified by items found in his pockets, including business cards and an address book, police said.

Rita Chretien stayed with the couple's van and was found on the verge of starvation 49 days after her husband went for help. She survived on trail mix, hard candy and melted snow and has told church groups her Christian faith kept her going.

Det. Jim Carpenter said the hunters in their 40s found a backpack that Chretien carried when he left the van.

THE CANADIAN PRESS

NO PATIENCE FOR PICKY EATERS



SHE SAYS ...
Jessica Napier
metronews.ca

"No jalapenos, please."
The waiter rolls his eyes: "Is it an allergy?"
"No ... I just don't like them," I respond as I sheepishly turn away with

embarrassment.

When my nachos arrive, I groan; jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice. So I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

I try my best, but ultimately my taste buds just can't handle the hot stuff.

And yet, in an entirely hypocritical sort of way, I can't stand picky eaters. I'm not talking about those with medical conditions, eating disorders or legitimate allergies; I'm talking about

Too hot for you?

I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww! Contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

One of my favourite local pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While some patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

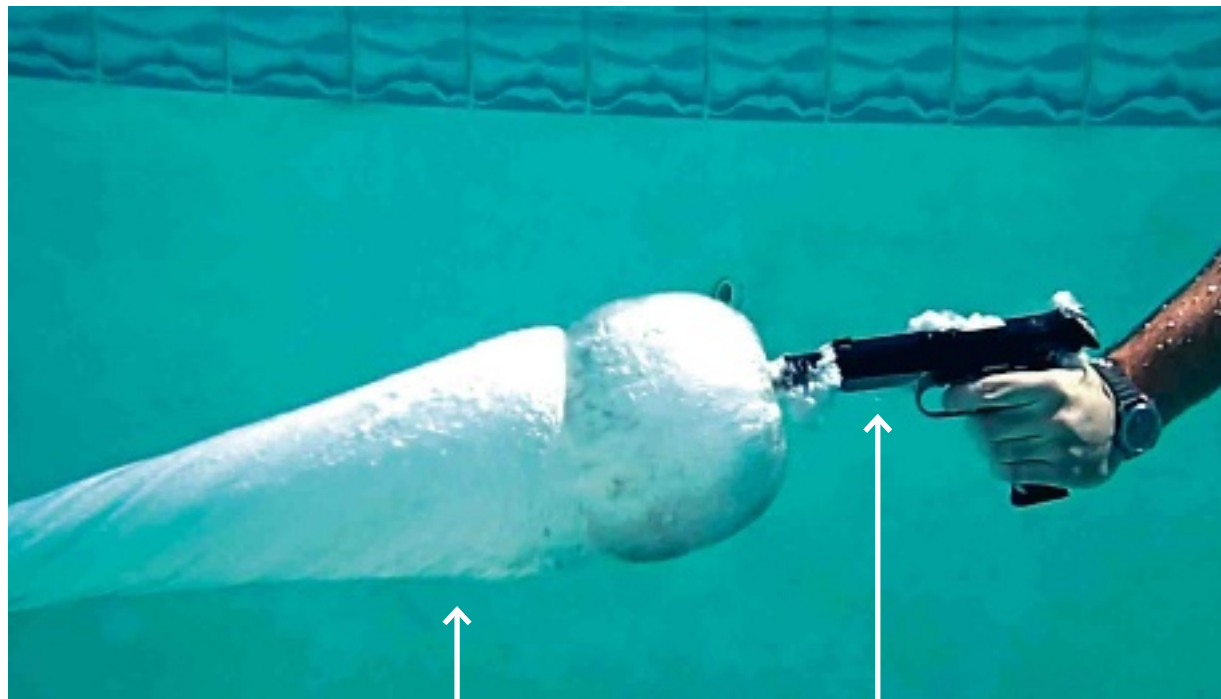
We're grownups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on
Twitter @MetroSheSays



Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. **METRO**



Andrew Tuohy also makes "flower" jewels from his spent bullets.
ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?

The bottom line is that, yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

What challenges did you have?

This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about one 60th of a second. So the higher frame rate of the video camera really helps.

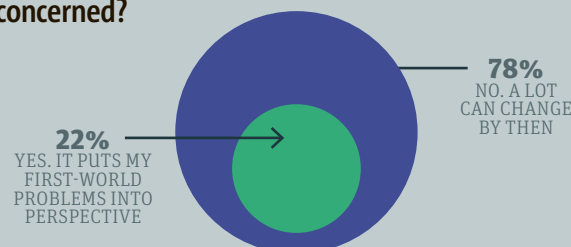
What does this image tell you?

It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. **METRO**



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A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@r_samanthaa: oh yeah its october...

@PierreLebel: I prefer when Rob #Anders sleeps in the House than when he invents crazy theories. #cdnpoli

@DallanInvictus: @alox So because she's a reporter everything she comments on is more newsworthy? There's no limited column inches here, no mods no masters.

@daly_beauty: Hello new Twitter followers. Hope you like swearing and inappropriate comments. #sharingsarulenow via @kmore

@lishprest: "@HotMessLife101: Don't show up to house unannounced and expect me to have clothes on because I won't. #alwaysnaked #idowhatiwant" @gndaly

Ikea erases photographs of women from Saudi catalogue

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister



PETER LINDHOLM
Metro in Sweden

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's online catalogues earlier this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing in a bathroom. But in the



Left: a page from Ikea's catalogue in Sweden. Right: the same page from Ikea's catalogue in Saudi Arabia. What's missing? COURTESY OF IKEA

Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their homes without the guardianship of a male

relative.

Sweden's Minister for Trade Ewa Björling said the retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or

work they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea

spokesperson Josefin Thorell told Metro. "We should have reacted and seen that this is in conflict with Ikea's values."

The Ikea group will "revise their procedures" to avoid similar situations in the future. It is still unclear whether the Saudi catalogue will be withdrawn or not.

Catalogue controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should take the blame.

"What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Engleson Sandman.

"The franchise owner has been presented with images without women. The image with a woman in the bathroom and the female designer could very well have been featured in the catalogue for Saudi Arabia."

Now Ikea is considering what to do next. One alternative is to print a new catalogue. "The catalogue has already been distributed, are we going to print it again? Those are options we are looking at," said Sandman. **METRO**

Market Minute



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Natural gas: \$3.48 (+16¢)
Dow Jones: 13,515.11 (+77.98)

Economics

Don't worry — bacon won't disappear

Bacon lovers can relax. They'll find all they want on supermarket shelves in coming months, though their wallets may take a hit.

The current drought is

likely to nose up prices for bacon and other pork products next year by as much as 10 per cent. But experts are dismissing reports of a global bacon shortage that lent sizzle to headlines last week. "If the definition of shortage is that you can't find it on the shelves, then, no, the concern is not valid," said Steve Meyer, a U.S. agricultural economist.

THE ASSOCIATED PRESS

Retail study

Sears, Old Navy among stores Target will affect

A new report says the arrival of U.S. retailer Target in Canada next year will take a bite out of the sales of several key rivals.

But Barclays Capital says other retailers that don't

overlap in their offerings may benefit from the increased traffic generated by the new stores.

The investment firm says Walmart, Sears Canada, Old Navy, Loblaws' Joe Fresh brand and Canadian Tire are the retailers most at risk. Barclays also predicts that among the general retailers, Sears will be hardest hit.

THE CANADIAN PRESS

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DVD reviews



Bond 50

.....

BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

Dark Shadows

Director: Tim Burton

Stars: Johnny Depp, Michelle Pfeiffer, Eva Green

.....

Johnny Depp's Barnabas Collins, a reluctant 18th-century vampire, looks confused when he awakes in 1972 in a Maine fishing village after a 200-year slumber. He's not the only one. Viewers of Tim Burton's Dark Shadows will be hard pressed to know whether the film is meant to be a comedy, horror movie or romance. Or is it a fish-out-of-water story? The story, based on a cult TV soap opera from the 1960s and '70s, stumbles blindly along for most of the film's overlong 113 minutes.

PETER HOWELL

Apologies to Boatmen fans but Argo (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, Argo is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC

scene@metronews.ca



Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Dateline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of

Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Say-eret Matkal, led by Yonatan

Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped

toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (Death Wish) starred in the movie adaptation, Raid on Entebbe.

Operation Nimrod

Dateline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA)

seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the period, a crack unit of the

British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the successful 17-minute siege that helped establish

Thatcher's Iron Lady rep. The operation unravelled on a bank holiday Monday with TV cameras rolling the whole time so millions of Britons watched the swift rescue unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Dateline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya

was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's

chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton

and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

Operation Checkmate

Dateline: July 2, 2008

Colombian soldiers took weeks of acting classes so

they could effectively pass as members of a relief organization. The ruse was part of the plan to extract 15 hostages being held in the jungle by FARC — including former presidential candidate Ingrid Betancourt who had endured

six and a half years in captivity. Using communication intelligence, they tricked the captors into handing over the hostages by convincing them they had been sent by Alfonso Cano, the guerilla army's leader, to transport

the prisoners to him. Once everyone was aboard the helicopter they arrested the captors and released the hostages without a single bullet. A mini-series based on the op was nominated for an International Emmy.

Air France Flight 8969 Rescue

Dateline: December 26, 1994

Four Groupe Islamique Armé terrorists disguised as airport employees boarded an Airbus

A300 in Algiers. After murdering three passengers they were given clearance to fly to Marseille, where France's elite Groupe d'Intervention de la Gendarmerie Nationale would eventually engage the militants. The GIGN strike force blasted their way

into the plane from several points forcing the terrorists to retreat into the cockpit. The ensuing gun fight raged on for about 10 minutes with commandos in the rear of the plane evacuating passengers while another team took control of the flight

deck. The hail of bullets fired left the plane's fuselage looking like a slice of Emmental cheese but the rescuers succeeded in freeing the 170 remaining passengers. The French film The Assault re-enacts the dramatic events.

On the web



Qriket

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Christina Aguilera: I'm through being skinny



THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a Us Weekly cover story to talk about how she shed the pounds — a.k.a. Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, The Voice mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album Stripped, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during Back to Basics



promos and touring."

But for her latest record, she'd had enough: "I told them during this Lotus recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

The whole time I was writing this, I was thinking about the photo of Rick Ross at this weekend's BET awards. He, too, seems to embrace his weight. Dude is chunky. And yet, I'm guessing at his next sit-down interview, he's not going to have to talk about his weight in relation to his music, is he?



Metro gets a Lone look at a revamped classic to come

Johnny Depp is set to star as Tonto in director Gore Verbinski's retake on '50s television hit, The Lone Ranger. The film, which opens July 3 of 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice. ©DISNEY ENTERPRISES, INC. AND JERRY BRUCKHEIMER INC.

Swift to swoon: So who is Taylor going to croon about next?



Taylor Swift ALL PHOTOS GETTY IMAGES

In what is probably not the most shocking news of the year, Taylor Swift admits she can fall in love easily.

The 22-year-old singer-songwriter tells Marie Claire magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was thinking. 'Why did I have to meet this

Cupid comes back

"...you make eye contact with someone across the room and it clicks and, bam, you're there. In love again."

Taylor Swift

person, why did this have to happen?" But then, when you make eye contact with someone across the room and it clicks and, bam, you're there. In love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."



Arnold Schwarzenegger

Arnold opens up about affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with 60 Minutes to promote his new memoir.

"That's when I kind of got it. I put things together." But while he kept the

woman, Mildred Baena, on staff and began providing financial support for the boy, he was in no hurry to tell wife Maria Shriver or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

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3
LIFE

Get a body like Stefani

Fitness. As No Doubt's sixth studio album, *Push and Shove*, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA
MCGUINNESS
Metro World News

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains, "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently,



No doubt, her body is tight. ALL PHOTOS GETTY IMAGES

Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick

fix diet."

The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN



She looks 20-years-old still.

Check out No Doubt's newest video — *Settle Down* — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

More online

Need your abs fix?

- On the web. Go to metronews.ca/scene to guess the celebrity abs

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing training.

On the web



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Mike Heatlie's workout tip

"Make sure that you don't rest in between each move. If you are a beginner, the maximum time you should stop is 10 seconds. The workout needs to be as intense as possible as your body needs to be stressed in order to change."

Do the exercises in the following order:

- Dumbbell squat (working the lower body)
- Standing dumbbell Shoulder press (working the upper body)
- Front Lunge (working the lower body)
- Tricep dip (working the upper body)

The Gwen Stefani workout



DUMBBELL SQUATS

Position your legs shoulder-width apart with your toes pointed straight ahead.

Pull your weight down through your leg muscles and keep your weight back on your heels as you descend.

Push your chest out very slightly in front of you to counter balance the heavy load on your heels.

Push up powerfully from each squat.

Reps: 12/15



DUMBBELL SHOULDER PRESS

Grab the dumbbells, keep your feet hip width apart, and a slight bend in your knees. Bring the weights up to your shoulders and lift your arms up towards the sky keeping your stomach and lower back tight. Bring your arms down (weights should be by your neck) three seconds on the way down and then press the weights back up.

Sets: 4

Reps: 12/15

Want to lower your body fat and rock a body like Gwen? Here's how:



FRONT LUNGES

Stand with your feet together hands on hips. Make sure your shoulders are back and your chest is out and then take a big step forward with your right leg as you drop your left knee to the floor. Once you've dipped to the floor, pushing off and driving back to the centre using your right heel. This is great for your quads and glutes.

Sets: 4 on each side

Reps: 12/15



TRICEP DIPS

Sit on the bench/chair and put your hands by your sides.

Step out just far enough so that your back is barely touching the bench/chair. Make sure you don't step out too far from the chair/bench, as this will put unnecessary stress on the elbows. Make sure you remain in control of your movements as you dip up and down.

Sets: 4

Reps: 12/15

Up and Down

UP

SLEEP

Together with calorie restriction and physical activity, sleep is a crucial component of a healthy weight loss plan.



DOWN

Weight Watchers

According to singer Jessica Simpson, Weight Watchers is not about weight loss. The singer, who signed a contract with the brand after giving birth, was expected to lose an average of 50 to 60 pounds. So far, she's lost around 40.

Best Health

How do you like them apples?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Apples are so good for you.

How so? They help protect your heart, they boost your fibre intake, they help fight Type 2 diabetes and they may even protect against various types of cancers.

And there are so many

ways to love Canadian apples.

But which ones are best for snacks, and which are best for cooking with?

In the October issue of Best Health magazine, we rounded up eight varieties and offer ideas for how best to enjoy them. Here are four.

Red Delicious

A classic variety, this one is sweet and juicy — perfect for a snack or salad. It's called delicious for a reason. But it's not a great cooking apple.

Cortland

An offspring of McIntosh,

Apple facts

"They help protect your heart, they boost your fibre intake, they help fight Type 2 diabetes..."

this is a crispy apple that has a mild, sweet taste. It resists browning, making it a great choice for salads and fruit plates.

Royal Gala

Because this variety is sweet,

it's great for eating fresh as a snack. Nice and crispy, it's a kids' lunchtime favourite.

McIntosh

This apple is a little bit tart and a little bit sweet — so it's excellent for eating fresh, and for making pies and homemade sauces.

Want to know what the other four types are?

Take a look at the October issue of Best Health, on newsstands now.

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THIS WEEK: "Your Blood Pressure and Your Oral Health"

Gear up for Turkey Day with Cranberry-Stuffed Pork

Orange-Glazed Pork with Cranberry & Walnut Stuffing



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Pork tenderloin is a delicious and lean cut of meat. Due to improved farming practices, you can now safely cook pork to medium, keeping it moist.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an in-

Ingredients

Pork

- 1 1/2 lb pork tenderloin, butterflied

Stuffing

- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie

Glaze

- 2 tbsp orange juice concentrate
- 2 tbsp red currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish

- 3 tbsp chopped parsley

ternal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Health Solutions

Don't gobble gobble extra calories



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter

Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling

Seat yourself next to said platter and nibble to your heart's content.



3. No pre-dinner snacking

Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha...go ahead)

4. Fill your plate with veggies

When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods

Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor

Never have more than two alcoholic beverages.

After the celebration season, you may some exercise skills, but, if you follow these steps, you shouldn't have too much trouble.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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TOTAL	\$39.36
TENDER	\$39.36
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Mexican touch. Mole Pulled Pork Sandwich with almond butter

This blend of Mexican mole sauce and pulled pork tenderloin makes for a crazy delicious sandwich. The filling also would be good tossed with warm noodles.

The texture of almond butter, which is used in this recipe, is similar to peanut butter (they are jarred the same and sold alongside one another at the grocer), but differ in taste.

Whereas peanut butter has a pronounced peanut flavour, almond butter has a richer, creamier taste that is nutty, but (oddly) not distinctly almondy.

1. In a medium saucepan

Ingredients

- 1 tbsp olive oil
- 1 lb pork tenderloin, cut into 2-inch chunks
- 1/2 cup smooth almond butter
- 1/2 cup canned crushed tomatoes
- 3 cloves garlic
- 1 shallot
- 1/2 tbsp cocoa powder
- 1/4 tsp each cinnamon, black pepper, red pepper flakes
- 1/8 tsp ground cloves
- 1 cup water
- Salt
- 4 sesame seed burger buns
- 1 scallion, white and green parts, chopped



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

over medium-high, heat the oil. Add the pork and sear for 2 to 3 minutes per side. Set the pan aside off the heat.

2. In a blender combine the almond butter, tomatoes, garlic, shallots, cocoa powder, cinnamon, black pepper, red pepper flakes, cloves and water. Purée until smooth, then add to the pork.

3. Bring the pork and sauce to

a simmer over medium heat. Cook uncovered, stirring occasionally, for 15 to 20 minutes.

4. Use a slotted spoon to transfer the pork to a large plate or cutting board, then use 2 forks to pull and shred it. Return the pork to the sauce and stir well. Season with salt.

5. Divide the pulled pork between the buns. Top with scallions. **THE ASSOCIATED PRESS**



Postpartum depression does not spontaneously resolve on its own for many new mothers, Dr. Dennis tells Metro. ISTOCK IMAGES

Postpartum depression can go on and on

Feeling blue. Many new moms experience depressive symptoms even after the initial 12 weeks postpartum

CELIA MILNE
For Metro

You've had a baby. Everyone is excited — except you.

Your home is full of colourful flowers and gifts, but all you feel is blue. What's wrong?

That's a glimpse into postpartum depression, which is a common and potentially serious illness.

A new Canadian study has found it often hangs on tenaciously for many months.

"Postpartum depression

occurs in many mothers from various backgrounds, and effective treatment is available to help," says Dr. Cindy-Lee Dennis (PhD) from the department of psychiatry at Women's College Research Institute in Toronto.

Previous studies have found that about 20 per cent of new moms suffer from depression in the weeks after their babies are born.

Dennis and colleagues wanted to find out how many women continued to suffer from depression after their babies were three months old. They tracked 6,421 new moms and found eight per cent had depressive symptoms after the initial 12 weeks postpartum.

"It does not spontaneously resolve on its own for many new mothers and treatment is necessary," Dennis

tells Metro. Most at risk were women who were vulnerable in some way — with low household income, a previous history of depression, a lack of postpartum support, stressful life events, family violence, or poor health.

The creators of the study are urging health-care professionals to continue screening women for postpartum depression for longer periods after babies are born.

This way, women will have access to the help they need. Screening could be done during pediatric visits, for instance.

Canadian study

The study was published recently in the Canadian Journal of Psychiatry.

Why family mealtime matters

LINDA CLARKE
For Metro

Apart from providing an opportunity to bond over a meal, sitting down in a semi-formal setting around a table and sharing discussion can prepare children for school group settings and enhance social skills.

"It provides a model for socialization during eating. It can teach children manners and they learn how to have a conversation," says Jessica Hoffman, PhD, an associate professor in the department of counselling and applied educational psychology at Bouve College of Health Sciences at Northeastern University in Massachusetts.

"It's an opportunity for children to expand their vocabulary and speech skills," she continues. "When children listen to parents and older siblings talk about their day, or items in the news, it helps develop language skills and to develop critical perspectives."

Having family dinners also provides parents with an additional tool to keep a check on their children's progress at school, and can be an important daily link to their children's classroom.

"Family dinnertime is an opportunity for parents to monitor what's going on in their children's lives and spot



Children can improve many skills when they assist their parents with cooking. ISTOCK

any possible academic problems," adds Hoffman.

But if the matter is a personal one, it's best to discuss it in private.

"Conversation should always be kept in a family context and be sensitive to who is there. Explosive topics should be kept for one-on-one situations," she says.

Putting family dinners on the schedule also provides structure for you and your family. But be realistic — it's OK if schedules don't allow for togetherness every night.

"It doesn't have to be all-or-nothing," advises Hoffman. "Do it as often as you can without stressing about it — but the more family dinners you share, the better."

Hoffman advises getting children involved in preparing a meal, too.

"There are so many skills that cooking helps improve. There's math involved in measuring and fractions.

You're dividing for recipes and calculating amounts. There's reading and learning how to follow directions. There's sequencing and coordination. Plus, kids are more likely to eat what they have helped cook."

Studies show

- Research in The American Academy of Pediatrics found that kids who have regular family dinners experience a lower incidence of obesity.
- Columbia University's National Center on Addiction and Substance Abuse found that kids who eat family dinners get better grades in school and are less likely to try drugs or alcohol.

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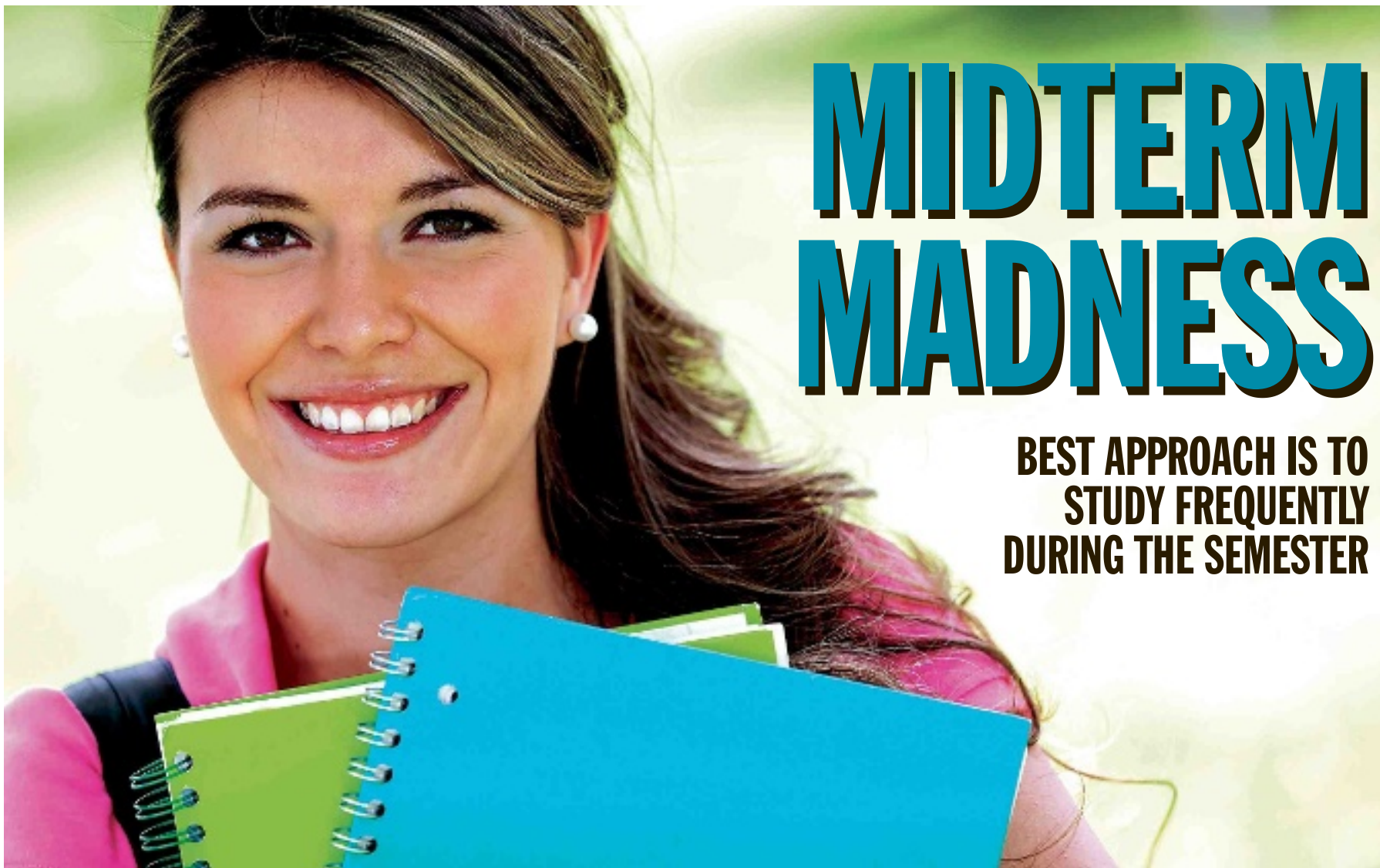
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When studying for midterms, one of the biggest (and most common) mistakes students make is that they cram right before the test.

“The brain just doesn’t take in all that ... information at once,” says Julie Lockhart, a writing and learning strategist with Mount Royal University in Calgary.

“Our brain likes us to break things up into smaller pieces and go over it more than once.”

For this reason, students should begin their midterm preparations as soon as classes begin and study the material on a regular basis. Students should use the course syllabus as a guideline for what topics they will need to know for the midterm.

Even if students haven’t been doing that, they can apply the same learning principle between now and their midterm. If the midterm is in three days and the student has three chapters to cover, they should plan to study one chapter a day.

In preparing for the midterm, students shouldn’t just re-read the material. In order for the brain to truly absorb the information, people need to do something active with the information.

“They need to go through lots of practice questions,” says Elizabeth Challis, a study skills facilitator at the University of Winnipeg. She even recommends that students make up questions based on the lectures and course readings.

“If they can’t answer some of the questions, that means they don’t know the material well enough,” says Challis.

WHERE IS THE BEST PLACE TO STUDY?

When it comes to where one should study for a midterm, there are two prevailing schools of thought. One holds that people should study in the same place they always do, while another says they should change up their study locale.

“If we vary the location of where we study, it forces our brain to compensate for the sort of distraction for the new stimulus that’s around us and it actually makes our brain work harder,” says Elizabeth Challis, a study skills facilitator at the University of Winnipeg.

She recommends that students experiment and find out which location works best for them.

When preparing for a midterm, Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax, recommends studying in chunks of no more than an hour.

“I do feel that our concentration and focus work primarily for 45 to 60 minutes,” she says.

Mills recommends taking a quick break if you feel your mind wandering or are having a hard time staying on task.

— Richard Woodbury

COLLABORATION

CONSORTIUM MAKES TRANSFERRING CREDITS EASIER FOR STUDENTS

Seven of Ontario's most well-known post-secondary facilities have come together in an effort to help students succeed thanks to the establishment of the University Transfer Credit Consortium. The consortium allows students taking first-year arts and science credits at any of the participating universities and have them transfer for general credit at any of the other schools.

"For whatever reason, they may not be able to take courses at their home university — it could be a course they really need, but can't fit it into their schedule, or the school may not offer that particular class," says Cheryl Regehr, the vice-provost of academic programs at the University of Toronto. "They can now choose online courses, summer classes, or any of our other options.

"It simplifies and streamlines the process and improves the experience for our students."

It may be simplifying the process, but in no means was it simple. The participating schools established 20 baseline courses and worked to ensure that common standards and curriculum were set. The participating schools are McMaster

University, Queen's University, the University of Guelph, the University of Ottawa, the University of Toronto, the University of Waterloo, and Western University.

"We have a group of universities that work together on a number of different things, ranging from research projects to education policy issues," she says. "Each of the institutions in this partnership are giving students a really good learning experience and this is just another option to make it easier for the student."

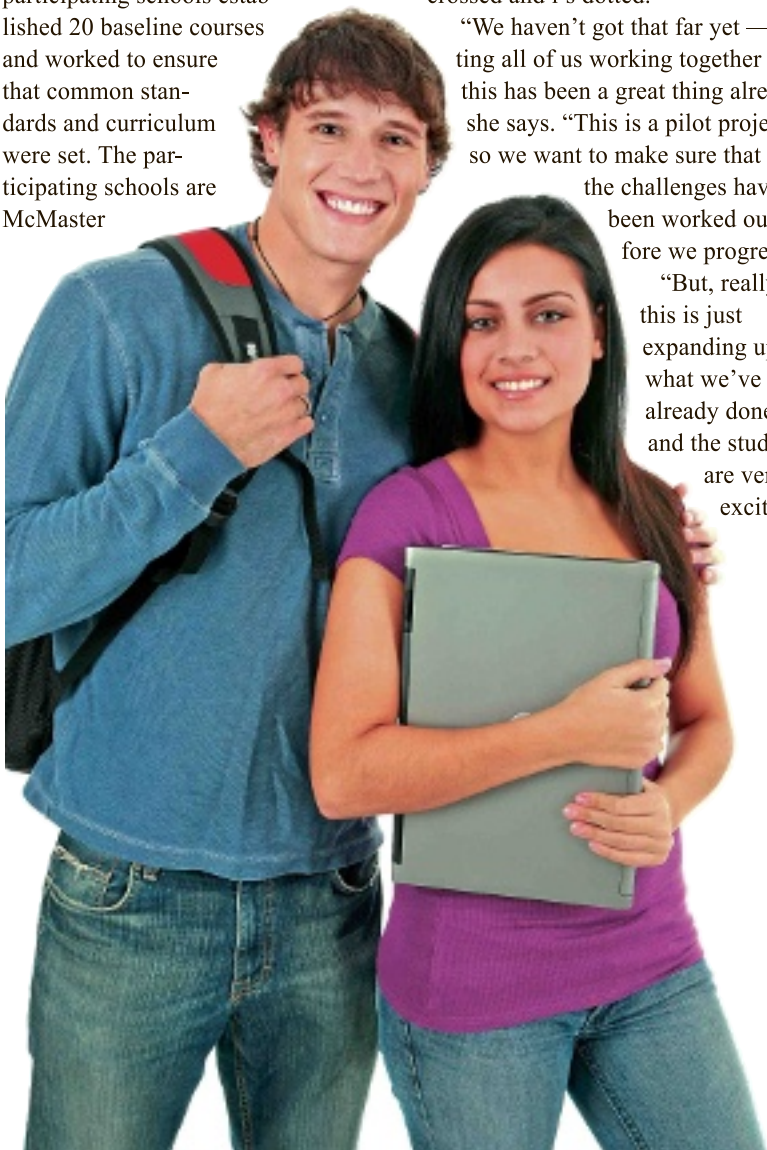
Both students and educational institutions alike have recognized the value of this program, Regehr says. For example, students who return home for the summer are able to take courses again that can be transferred. And, in some cases, one's school may not offer a class or program that's of particular interest to the student.

This project is now in effect and Regehr says she can see expansion in the future once all the t's have been crossed and i's dotted.

"We haven't got that far yet — getting all of us working together on this has been a great thing already," she says. "This is a pilot project, so we want to make sure that all

the challenges have been worked out before we progress.

"But, really, this is just expanding upon what we've already done, and the students are very excited."



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At what point does tipping become un-frugal? iSTOCK IMAGES

Feeling tipsy? Don't break the bank!

Generous and frugal.

A quick guide to the acceptable level of tipping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In Canada, tipping etiquette says that when a service has been provided, and it's of a certain level of quality, the buyer tips. But how much is a reasonable tip and when does tipping become un-frugal?

Naturally, if you receive good service at a restaurant, spa or hotel, for example, a good tip is in order.

But, unless you're trying

to catch a service provider's attention, perhaps to get a date or impress the one you're on, don't break the bank.

Here are a few guidelines to follow.

Food Service: Throwing a few coins into your barista's tip jar never hurts when you're aiming for quick and reliable service.

If you receive exceptional service at a restaurant or bar, 20 to 25 per cent tip is in order. Adequate service should be rewarded between 10 to 15 per cent and if the service is poor, 10 per cent or less.

Just remember that if you're paying with a coupon or gift-certificate, you should still tip on the total before the discount has been applied.

Travel: Tipping a taxi driver or chauffeur 10 to 15 per cent is customary, but I'd recommend

a minimum of \$3. If hotel staff helps you to your room with bags or fetches your car from underground parking, \$2 to \$10 is recommended.

Personal Services: Tips for spa or hair services range from 10 to 20 per cent. If you receive poor service, a low tip signals to the service provider that your experience could be much improved. But, before you stiff the server out of a tip, think about who is responsible for your bad experience? Did the manager incorrectly staff the restaurant (not the server's fault so speak to the manager) or was your server rude and inconsiderate (bad service should not be rewarded).

Apply frugality and good judgment when tipping by limiting spending, double-checking your bill for accuracy and ensuring that a gratuity hasn't

already been paid.

If you're not good with tipping math, don't fret. Most service providers have automatic tip calculators right on their credit card and debit machines allowing you to select the appropriate per cent.

Tipping appropriately can actually save you money in the long run as service providers might extend preferential pricing, they may call you to tell you about sales or discounts and could even provide services 'on the house' from time-to-time.

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Follow Lesley on Twitter
@LesleyScorgie



Try this cool, new financial tool



YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are a stickler with money details or adrift in a sea of financial bloopers, there is a new tool to help you improve the money side of life.

Your Financial Toolkit has just been launched by the Financial Consumer Agency of Canada (FCAC) fcac-acfc.gc.ca/eng/index-eng.asp along with the Investor Education Fund (IEF) getsmarteraboutmoney.ca.

At first, I was a bit skeptical. I've seen dozens of

so-called financial literacy tools and many of them are, quite frankly, insults to the intelligence.

I cantered through the 12 topics, which include budgeting, investing, income taxes and financial planning and I'm happy to report there is something for everyone.

There are case studies, basic and more advanced information, as well as interactive exercises and tips sprinkled through most of the modules.

Figuring out what you spend is one of the hardest aspects of budgeting — and most people are way off in their estimates.

The toolkit offers this process.

1. Keep every receipt.
2. Record every expense daily.
3. Review bank and credit statements to identify additional expenses (eg. automatic debits.)
4. List irregular expenses such as gifts, donations, taxes, car and home repairs.
5. Total expenses monthly.
6. Do this for at least three months.

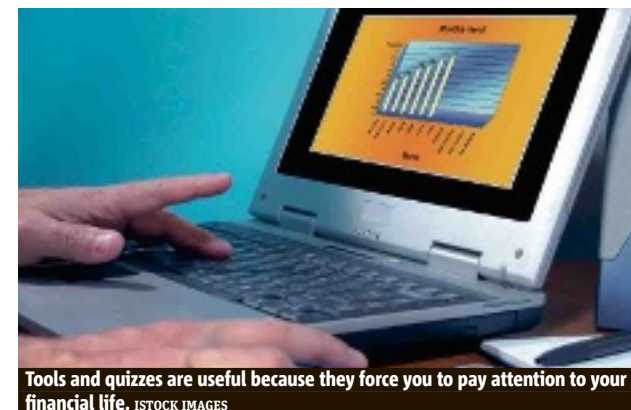
For irregular expenses (eg. vacations) estimate them for the entire year and add 15 per cent for the unexpected. Then divide by 12 to get a monthly total. Sure, you won't spend that money every month but you will over the year so this is a good way to account for it.

One small quibble — in the Income section there are three "Other" categories to note unusual or periodic income but you can't define what they are.

If you want to name your own categories you can go to the FCAC's rigorous budget calculator and download the Excel file, which allows you to customize the cells and save them for future reference.

Also, in the mouse-over explanations for the Income section, it states the self-employed are not generally eligible for employment insurance benefits.

Actually, as of 2011, the self-employed can opt to pay in and later collect maternity, parent-



Tools and quizzes are useful because they force you to pay attention to your financial life. iSTOCK IMAGES

al, sickness and compassionate care benefits.

All in all, however, the

toolkit is interesting and helpful (and fun too, if you like taking quizzes).

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NFL

Colts' Pagano battling leukemia

Indianapolis coach Chuck Pagano has been diagnosed with leukemia and is expected to be hospitalized six to eight weeks as he undergoes treatment.

He will be replaced on an interim basis by offensive co-ordinator Bruce

Arians.

Team owner Jim Irsay made the announcement Monday during a sombre and sometimes emotional news conference at the team complex.

"I think it's unlikely he'll be all in as the head coach the rest of this season," Irsay said. "He may be able to come back and be in the press box or something."

THE ASSOCIATED PRESS



Chuck Pagano on the Colts sideline Sept. 23. GETTY IMAGES

MLB

Greenberg to get chance in Miami

Adam Greenberg is expected to make a pinch-hit for Miami on Tuesday. Greenberg, signed to a one-day contract by the Marlins, will appear in his first game since getting hit in the head in his MLB debut seven years ago. THE ASSOCIATED PRESS

NHL



"What we didn't consider was how our supporters or our fans would feel."

Oilers owner Daryl Katz, who said in a radio interview he never realized threatening to move the team to Seattle would trigger fan anger in Edmonton

Great One sees lockout solution on the horizon

NHL. Gretzky says groundwork laid by 2004 work stoppage should make it easier to come to an agreement

The Great One is optimistic about the NHL's labour situation.

Wayne Gretzky said Monday that he believes the league's current lockout will end before the Winter Classic between the Detroit Red Wings and Toronto Maple Leafs.

"I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," said Gretzky during a question-and-answer period at a panel discussion on personal finance on Monday in Toronto. "I think the hard part of their deal was the last negotiations (in 2004) of players agreeing to a salary cap."

Detroit and Toronto are currently scheduled to play outdoors at Michigan Stadium in Ann Arbor to kick off the new year.

Gretzky was reluctant to analyze the ongoing labour negotiations because he's not

Quoted

"I see them ultimately getting a deal done here and I see them playing hockey this year."

Wayne Gretzky

directly involved in them.

"The only thing I will say is the commissioner's office and Donald Fehr and the players' association are very smart men, they're both very intelligent," said Gretzky. "It's a matter of sitting down and getting the deal done."

The Hall of Fame centre and former part owner of the Phoenix Coyotes believes that the gap between the league and its players is smaller than in 2004, when the NHL lost an entire season.

"I think that in 2004 we were changing the whole landscape," said Gretzky. "Ownership wanted to have some sort of revenue sharing and once we came to the revenue sharing, the hard part — from my point of view — seems to be out of the way."

"Now it's a question of working out the number that both sides think is fair."

THE CANADIAN PRESS



Wayne Gretzky throws out the first pitch before the Blue Jays' game against the Minnesota Twins on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

CBA negotiation

Core economic issues still off the table: Source

NHL labour talks are set to resume Tuesday morning, with discussions focusing on hockey-related revenue and not the core economic issues that continue to divide the two sides in a league-imposed lockout entering its third week.

A person familiar with negotiations, on Monday, provided details of what was expected to be discussed at the meeting that will be held in New York. The person spoke on the condition of anonymity because the NHL and the NHLPA have not issued an update on talks. The person added there are currently no other meetings planned beyond Tuesday.

Negotiators for the league and players will pick up where they left off after Sunday, when they completed three straight days of discussions.

THE ASSOCIATED PRESS

NBA

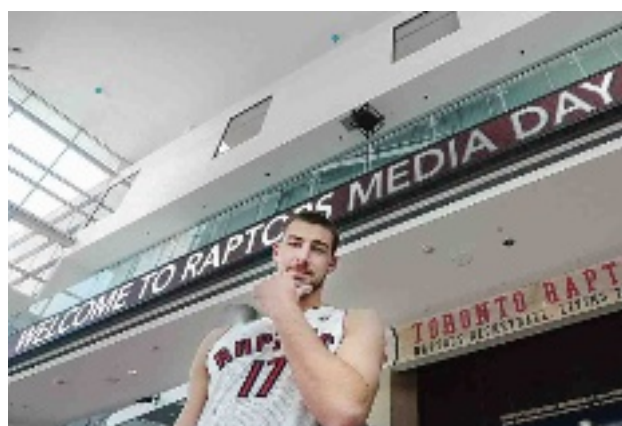
Howard on Bryant: 'I know he's going to be tough on me'

Superstar centre Dwight Howard might be an eight-year NBA veteran, but Monday still felt like the first day of school.

Howard is just getting started on his real education from the Los Angeles Lakers and Kobe Bryant.

"I know he's going to be tough on me, but I expect that, and I want him to be that," Howard said. "I'm willing to go through that process, learn from one of the greatest ever to play the game." THE ASSOCIATED PRESS

Raps GM expecting wins to begin



Raptors centre Jonas Valanciunas poses at the Air Canada Centre in Toronto on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

If last season was about developing, Bryan Colangelo says this season is about winning.

The Toronto Raptors held their annual media day Monday in what the team's general manager called a "completely different atmosphere" from last season.

"You go into a season excited about what the prospects are," Colangelo said. "I cannot say that I went into last season excited about what the prospects were."

A young Raptors squad finished 23-43 in the lockout-shortened 2011-12 season, but expectations weren't nearly as

high.

Jonas Valanciunas may be the biggest reason for the optimism. The 20-year-old from Lithuania was Toronto's fifth pick in the 2011 draft, but the Raptors left him in Europe for another season to continue to develop.

The GM said this year's new-look roster reminds him of the team he assembled in his first full season in Toronto in 2006-07. Andrea Bargnani was a rookie on that squad that went on to win the Atlantic Division and play New Jersey in the first round of the playoffs.

THE CANADIAN PRESS

Mobile sports



Qriket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.

4 SPORTS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
z-Baltimore	92	67	.579	—	—
z-New York	92	67	.579	—	—
Tampa Bay	88	71	.553	4	3
Toronto	70	89	.440	22	21
Boston	69	90	.434	23	22

CENTRAL DIVISION

	W	L	Pct	GB	WC
Detroit	86	73	.541	—	—
Chicago	83	76	.522	3	8
Kansas City	71	88	.447	15	20
Cleveland	67	92	.421	19	24
Minnesota	66	93	.415	20	25

WEST DIVISION

	W	L	Pct	GB	WC
z-Texas	93	66	.585	—	—
Oakland	91	68	.572	2	Ñ
Los Angeles	88	71	.553	5	3
Seattle	73	86	.459	20	18

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WC
z-Washington	96	63	.604	—	—
z-Atlanta	93	66	.585	3	—
Philadelphia	80	79	.503	16	6
New York	73	86	.459	23	13
Miami	67	92	.421	29	19

CENTRAL DIVISION

	W	L	Pct	GB	WC
x-Cincinnati	96	63	.604	—	—
St. Louis	86	73	.541	10	—
Milwaukee	81	78	.509	15	5
Pittsburgh	77	82	.484	19	9
Chicago	60	99	.377	36	26
Houston	53	106	.333	43	33

WEST DIVISION

	W	L	Pct	GB	WC
x-San Francisco	93	66	.585	—	—
San Diego	84	75	.528	9	2
Arizona	80	79	.503	13	6
San Diego	75	84	.472	18	11
Colorado	62	97	.390	31	24

Monday's results
Chicago White Sox at Cleveland
Boston at N.Y. Yankees
Minnesota at Toronto
Baltimore at Tampa Bay
Detroit at Kansas City
Texas at Oakland
L.A. Angels at Seattle

Sunday's results
Cleveland 15 Kansas City 3
L.A. Angels 5 Texas 4
N.Y. Yankees 9 Toronto 6
Baltimore 6 Boston 3
Tampa Bay 6 Chicago White Sox 2
Detroit 2 Minnesota 1
Oakland 5 Seattle 2
Texas 8 L.A. Angels 7

Tuesday's games — All Times Eastern
Chicago White Sox (Peavy 11-12) at Cleveland (Masterson 11-15), 7:05 p.m.
Boston (Lester 9-14) at N.Y. Yankees (Phelps 4-4), 7:05 p.m.
Minnesota (Swarzak 3-5) at Toronto (Jenkins 0-3), 7:07 p.m.
Baltimore (Gonzalez 8-4) at Tampa Bay (Shields 15-9), 7:10 p.m.
Detroit (Fister 10-9) at Kansas City (Guthrie 4-3), 8:10 p.m.
Texas (Harrison 18-10) at Oakland (Blackley 5-4), 10:05 p.m.
L.A. Angels (Haren 12-12) at Seattle (Iwakuma 8-5), 10:10 p.m.

Wednesday's games
Texas at Oakland, 3:35 p.m.
L.A. Angels at Seattle, 6:40 p.m.
Chicago White Sox at Cleveland, 7:05 p.m.
Boston at N.Y. Yankees, 7:05 p.m.
Minnesota at Toronto, 7:07 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Detroit at Kansas City, 8:10 p.m.

END OF REGULAR SEASON

AL LEADERS	G	AB	R	H	Pct.
Cabrera Det	158	612	108	199	.325
Mauer Minn	144	535	81	173	.323
Trout LAA	136	546	127	175	.321
Beltre Tex	153	592	95	189	.319
Jeter NYY	156	670	98	213	.318
Hunter LAA	138	528	81	165	.313
Butler KC	158	605	71	189	.312
Fielder Det	159	573	82	177	.309
Cano NYY	158	612	100	187	.306

Not including Monday's games

NATIONAL LEAGUE					
EAST DIVISION					
	W	L	Pct	GB	WC
z-Washington	96	63	.604	—	—
z-Atlanta	93	66	.585	3	—
Philadelphia	80	79	.503	16	6
New York	73	86	.459	23	13
Miami	67	92	.421	29	19
CENTRAL DIVISION					
	W	L	Pct	GB	WC
x-Cincinnati	96	63	.604	—	—
St. Louis	86	73	.541	10	—
Milwaukee	81	78	.509	15	5
Pittsburgh	77	82	.484	19	9
Chicago	60	99	.377	36	26
Houston	53	106	.333	43	33
WEST DIVISION					
	W	L	Pct	GB	WC
x-San Francisco	93	66	.585	—	—
Los Angeles	84	75	.528	9	2
Arizona	80	79	.503	13	6
San Diego	75	84	.472	18	11
Colorado	62	97	.390	31	24

Monday's results
Atlanta at Pittsburgh
Philadelphia at Washington
N.Y. Mets at Miami
Houston at Chicago Cubs
San Diego at Milwaukee
Cincinnati at St. Louis
Colorado at Arizona
San Francisco at L.A. Dodgers

Sunday's results
Philadelphia 4 Miami 1
Cincinnati 4 Pittsburgh 3
Atlanta 6 N.Y. Mets 2
Houston 7 Milwaukee 0
St. Louis 10 Washington 4
San Francisco 7 San Diego 5
Chicago Cubs 7 Arizona 2
L.A. Dodgers 7 Colorado 1

Tuesday's games — All Times Eastern
Atlanta (Hanson 13-9) at Pittsburgh (Correia 11-11), 7:05 p.m.
Philadelphia at Washington (Gonzalez 21-8), 7:05 p.m.
N.Y. Mets (Dickey 20-6) at Miami (Turner 1-4), 7:10 p.m.
Houston (Norris 6-13) at Chicago Cubs (Volstad 3-11), 8:05 p.m.
San Diego (Bass 2-7) at Milwaukee (Thornburg 0-0), 8:10 p.m.
Cincinnati (Latos 13-4) at St. Louis (Carpenter 0-1), 8:15 p.m.
Colorado (Chacin 3-5) at Arizona (Corbin 6-8), 9:40 p.m.
San Francisco (Zito 14-8) at L.A. Dodgers (Capuano 12-11), 10:10 p.m.

Wednesday's games
Atlanta at Pittsburgh, 12:35 p.m.
Philadelphia at Washington, 1:05 p.m.
Houston at Chicago Cubs, 2:20 p.m.
N.Y. Mets at Miami, 4:10 p.m.
Colorado at Arizona, 7:10 p.m.
San Francisco at L.A. Dodgers, 7:15 p.m.
San Diego at Milwaukee, 8:10 p.m.
Cincinnati at St. Louis, 8:15 p.m.

END OF REGULAR SEASON

NL LEADERS	G	AB	R	H	Pct.
Cabrera SF	113	459	84	159	.346
Posey SF	145	520	77	175	.337
McCutchen Pgh	154	583	107	192	.329
Braun Mil	151	587	105	188	.320
Molina STL	136	498	64	158	.317
Craig STL	117	461	76	143	.310
Wright NYM	153	571	90	175	.306
Jay STL	115	435	69	133	.306
Scutaro SF	153	610	85	186	.305

Not including Monday's games

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

Friday's results

Hamilton 41 Montreal 28

Calgary 39 Edmonton 15

Saturday's results

Toronto 29 Winnipeg 10

Saskatchewan 27 B.C. 21

WEEK 15

Friday's game — All Times Eastern

Hamilton at Edmonton, 9 p.m.

Saturday's game

Calgary at B.C., 10 p.m.

Monday, October 8

Winnipeg at Montreal, 1 p.m.

Saskatchewan at Toronto, 4:30 p.m.

GOLF

WORLD RANKING

Through Sept. 30

1. Rory McIlroy	Nlr	12.54
2. Tiger Woods	USA	9.58
3. Luke Donald	Eng	9.26
4. Lee Westwood	Eng	7.11
5. Justin Rose	Eng	6.43
6. Adam Scott	Aus	6.36
7. Bubba Watson	USA	6.21
8. Webb Simpson	USA	6.07
9. Brandt Snedeker	USA	5.94
10. Jason Dufner	USA	5.92
11. Steve Stricker	USA	5.70
12. Louis Oosthuizen	SAF	5.63
13. Dustin Johnson	USA	5.51
14. Matt Kuchar	USA	5.39
15. Keegan Bradley	USA	5.36
16. Phil Mickelson	USA	5.14
17. Zach Johnson	USA	5.12
18. Graeme McDowell	Nlr	4.81
19. Sergio Garcia	Esp	4.76
20. Hunter Mahan	USA	4.71
21. Nick Watney	USA	4.56
22. Ernie Els	SAF	4.52
23. Jim Furyk	USA	4.09
24. Bo Van Pelt	USA	4.07
25. Peter Hanson	Swe	4.00
26. Ian Poulter	Eng	3.94
27. Rickie Fowler	USA	3.92
28. Paul Lawrie	Sco	3.89
29. Jason Day	Aus	3.84
30. Charl Schwartzel	SAF	3.79
31. Francesco Molinari	Ita	3.76
32. Martin Kaymer	Ger	3.61
33. Carl Pettersson	Swe	3.58
34. Bill Haas	USA	3.49
35. Nicolas Colsaerts	Bel	3.47
36. Gonzalo Fernandez-Castano	Esp	3.31
37. John Senden	Aus	3.31
38. David Tom	USA	3.08
39. David Lynn	Eng	3.04
40. K.J. Choi	Kor	2.82
41. Robert Garrigus	USA	2.73
42. Thomas Bjorn	Den	2.67
43. Geoff Ogilvy	Aus	2.66
44. Ryan Moore	USA	2.63
45. Fredrik Jacobson	Swe	2.60
46. Martin Laird	Sco	2.59
47. Rafael Cabrera Bello	Esp	2.55
48. Scott Piercy	USA	2.44

Horoscopes

Aries

March 21 - April 20
There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

Taurus

April 21 - May 21
Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

Gemini

May 22 - June 21
You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

Cancer

June 22 - July 23
Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

Leo

July 24 - Aug. 23
No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

Virgo

Aug. 24 - Sept. 23
The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

Libra

Sept. 24 - Oct. 23
No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

Scorpio

Oct. 24 - Nov. 22
Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

Sagittarius

Nov. 23 - Dec. 21
Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

Capricorn

Dec. 22 - Jan. 20
Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

Aquarius

Jan. 21 - Feb. 19
Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

Pisces

Feb. 20 - March 20
You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.
SALLY BROMPTON

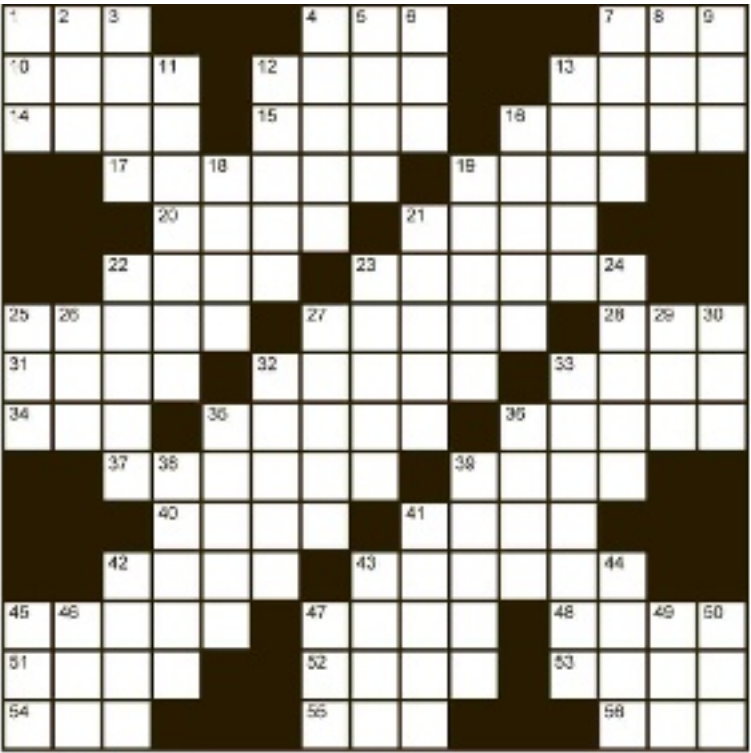
Three PMs

Across

- Request
- Dampen
- Taxi
- William Lyon Mackenzie ____: 10th Prime Minister
- "____be of service?" (2 wds.)
- For ____ sign
- Additive to shampoo and shaving cream
- Corrida cries
- ____ Leaf
- Cakes often made with ground nuts
- Bathroom flooring material
- Stadium shouts
- Pop
- Henhouse yield
- World's second largest country
- BMW subcompact models that once had the Cooper name
- Birds of peace
- Sesame Street viewer, typically
- Opera set on the Nile
- Capricious escapade
- Sky color
- ____ de Janeiro
- Peeled
- Come to understand
- Calgary NHL team
- Pots and ____
- Angered
- "Frankly, my dear, I don't give a ____"
- Highway or bridge fee
- Leader of 23-Across
- Saltwater
- Need

Down

- Alias
- ____vous plait
- Slip, top, or granny
- Land on the Irish Sea
- Potato buds
- "____the season to be jolly"
- Nova Scotia's ____ Breton Island
- Everything
- Spelling competition
- The Gulf Islands are in BC's Strait of ____
- Butterfly relatives
- Caesar or Waldorf
- Gold-loving king
- From ____ to riches
- Laser printer need
- "____by the bell!"
- At the ____ one's rope: desperate (2 wds.)
- Deals (with), as a problem
- Map book
- Cause surface damage to
- 3 on a sundial
- Had the courage to try
- Beginning of the Lord's Prayer
- Start of a countdown
- Animal with a hump
- R.B. ____: 11th Prime



Clues by © 2012 Michael Wiesenberg

- Minister (1930-35)
35. "Ici on ____ français"
36. Bedside light
38. BC CFL Team
39. Liberal or Conservative ____
41. *Inferno* author
42. Canada's quintessential coffee and donut place, familiarly
43. Loathe
44. Apartment division

45. Sheep cry
46. Cut of meat that's often barbecued
47. One skilled at repartee
49. Credibility ____: knowledge disconnect
50. Personals

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	2	7	3	1	9	5	4	6
4	9	5	8	6	7	2	1	3
6	1	3	2	5	4	6	7	9
1	3	4	8	9	6	7	5	2
7	6	8	5	2	1	8	3	4
2	5	8	4	7	3	1	9	6
3	7	2	1	4	8	9	6	5
9	8	6	7	3	6	4	2	1
5	4	1	9	6	2	3	8	7

1			9	5	8			7
					2	8		
	6	2	3			1		
4	2		5		1	7		6
5								8
3		1	4		6		2	5
		8			5	3	9	
		3	6					
2			8	3	9			1

Today

18°/11°
Variable

Wednesday

18°/13°
Rain
80%

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for upcoming promotions,
sales, store information

ALL PRODUCTS UP TO 75% OFF

Unbelievable selection of fine beauty aids... Don't miss this incredible sale!

UP TO
80% OFF
MSRP

FINE FRAGRANCES MEN'S & WOMEN'S

BURBERRY • DAVIDOFF • J.LO • RALPH LAUREN • CK • HUMMER • ELIZABETH ARDEN • OSCAR DE LA RENTA • HUGO BOSS • LACOSTE • TOMMY HILFGER
• VERSACE • DIESEL • PARIS HILTON • ADIDAS • BRITNEY SPEARS • PERRY ELLIS • GIVENCHY • PHAT FARM • ELIZABETH TAYLOR • GUESS • AND MORE!

ELIZABETH
TAYLOR
WHITE DIAMONDS

100ml
Reg. \$56
SALE \$25

CUBA

3 PC SET
100ml
Reg. \$35
SALE \$15

CK ONE
WITH SPEAKER

100ml
Reg. \$65
SALE \$30

HUGO BOSS
GREEN

150ml
Reg. \$95
SALE \$49

LACOSTE
ELEGANCE

50ml
Reg. \$70
SALE \$25

FCUK

100ml
MEN & WOMEN
Reg. \$74
SALE \$20

JUICY COUTURE
COUTURE COUTURE

3 PC SET
Reg. \$90
SALE \$39

Men's & Women's Golf Shoes

Callaway
GOLF

Value
up to \$229.99

Now \$39.99 pair



MEDICAL SCRUBS

UP TO **60% OFF**



BRING IN YOUR GENTLY WORN, USED SCRUBS FOR DONATION AND RECEIVE AN ADDITIONAL
10% OFF NEW SCRUBS. We reserve the right to limit quantities. Details available in store.

haggar

MEN'S & WOMEN'S APPAREL

70% OFF

RETAIL PRICE • ENTIRE STOCK

Men's sizes: 30 - 60 • Women's sizes: regular, plus, petite

LINEN FASHIONS

5' x 8' Area Rug
\$30 REG. \$129.99

Polo Club
Quilted Pillows
\$12 REG. \$29.99

Water Proof
Mattress Pads
\$12 - \$15 REG. UP TO \$29.99

All Crocs
for
\$21.99



CAMBRIDGE TOWEL



FACE CLOTHS
6 FOR **\$5**
HAND TOWELS
5 FOR **\$10**
BATH TOWELS
3 FOR **\$21**
BATH SHEETS
3 FOR **\$30**

10 DAYS ONLY!!!



WHERE: NEPEAN SPORTSPLEX
Curling Rink
1701 WOODROFFE AVE

HOURS: Mon. - Fri. 10am - 8pm
Saturday 10am - 6pm
Sunday 11am - 5pm
Thanksgiving Day 11am - 5pm

WHEN:
Saturday, September 29
to Monday, October 8

FREE PARKING!
FREE ADMISSION!